

OnTrak™ Program for Anxiety



OnTrak is personalized just for you. It's designed to help you improve your health and live better. If you are looking to feel calmer and have a sense of peace and being in control, OnTrak may be able to help.

Most people experience some anxiety in the course of everyday life. At times, however, anxiety can be more severe. It can cause you to feel frequent worry, fear or even panic. It may negatively affect other aspects of your health. It can cause pain for you and those who care about you.

If you have anxiety, you're not alone. OnTrak offers support to help you feel better.

How We Help

It's time to feel better. Our mission is to support you in reaching your goals for health and well-being. OnTrak has helped many people facing difficult challenges. We are here to help you too.

The OnTrak program is a team effort. As an OnTrak member, you receive:

Individual Care Coaching by a Nurse – Your nurse Care Coach will listen to you and support you with compassion and without judgment. Your Care Coach is always there to encourage you toward your goals.

One-on-one Counseling – Your counselor will work with you on what is most important to you. Counseling may help to relieve your anxiety. You may discover new ways to face challenges and manage difficult situations.

Specialist Visits – If recommended, you may visit an OnTrak doctor or dietitian for certain conditions.

OnTrak is designed for you. It's confidential and convenient. You complete the program at your own pace, on your own time.

Want to be happier with your quality of life?

The OnTrak program may be your answer.



1-866-517-1417

stayontrak.com

contact@stayontrak.com

Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.